

# Guided Self-Help Acceptance and Commitment Therapy (ACT) Berbasis-Web untuk Meningkatkan Self-Compassion pada Mahasiswa Sarjana dengan Distres Emosional = Web-Based Guided Self-Help Acceptance and Commitment Therapy (ACT) for Enhancing Self-Compassion among Emotionally Distressed University Students

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## Abstrak

Emotional distress pada mahasiswa adalah isu yang muncul akibat berbagai faktor, seperti transisi dari usia remaja ke dewasa muda, bertambahnya tuntutan, dan perubahan situasi serta sistem belajar. Pada Universitas Indonesia, fenomena distress terlihat dari banyaknya mahasiswa sarjana yang mencari bantuan psikologis di klinik internal Fakultas Psikologi Universitas. Antrean mahasiswa selalu melebihi kapasitas pemberi layanan sehingga mahasiswa perlu mengantre selama satu hingga tiga bulan. Salah satu cara untuk mengatasi fenomena ini adalah dengan menjalankan intervensi psikologis berbasis-web dengan format guided self-help; fitur daring berpotensi memperluas keterjangkauan dan memudahkan partisipan untuk mendapat bantuan psikologis. Studi ini meninjau fisibilitas dan efektivitas Acceptance and Commitment Therapy (ACT) berbasis-web delapan sesi berformat guided self-help yang disusun untuk menurunkan tingkat emotional distress serta meningkatkan self-compassion mahasiswa sarjana Fakultas Psikologi Universitas Indonesia. Studi ini merupakan quasi-experimental dengan desain one-group pretest-posttest sebanyak 38 partisipan dengan alat ukur DASS 42, AAQ-II, dan SCS. Delapan modul sesi dirancang berdasarkan enam prinsip dasar ACT menurut Hayes dan Harris: penerimaan, defusi, mindfulness, diri sebagai konteks, nilai-nilai personal, dan perilaku berdasarkan komitmen. Hasil uji efektivitas menunjukkan bahwa setelah intervensi, terdapat penurunan gejala distress yang signifikan, disertai dengan naiknya fleksibilitas psikologis dan naiknya self-compassion partisipan. Studi dipandang fisibel untuk dilakukan berdasarkan analisis kecukupan sumber daya, tingkat kemandirian partisipan, proses berjalannya studi, serta umpan balik partisipan. Riset lebih dalam dengan skala lebih luas dibutuhkan untuk mencapai konklusi yang lebih adekuat mengenai efektivitas program, namun fisibilitas intervensi ACT berbasis-web yang terbukti pada penelitian ini menunjukkan bahwa intervensi psikologis berbasis-web merupakan opsi efisien yang dapat digunakan penyedia layanan kesehatan mental.

.....Emotional distress in university students is a prevalent issue that rises due to various factors such as problems transitioning to adulthood, adjustment difficulties, and struggles to adapt in new environments. In University of Indonesia, this phenomenon can be seen from the many students who come to the campus' internal clinic to seek psychological help. Queues are long, and students typically must wait one to three months to get help. One option to overcome this obstacle is to utilize the internet and construct web-based psychological interventions in a guided self-help format; online interventions could reach more people and provide easier access. This study aims to assess the feasibility and effectiveness of web-based guided self-help Acceptance and Commitment Therapy (ACT) to decrease emotional distress and increase psychological flexibility as well as self-compassion among undergraduate psychology students in University of Indonesia. This is a quasi-experimental study with a one-group, pretest-posttest design; eight online sessions were constructed based on traditional ACT guidelines by Hayes and Harris. 38 participants were

recruited; Depression Anxiety Stress Scales 42, Acceptance and Action Questionnaire 2, and Self-Compassion Scale were used to measure emotional distress, psychological flexibility, and self-compassion respectively. Results show that post-intervention, participants' emotional distress levels decreased significantly while psychological flexibility and self-compassion significantly increased. The intervention is also deemed feasible; feasibility assessments focused on resources, process, program management, participants' adherence, and participants' reviews. More research with a wider pool of participants is necessary to firmly establish the effectiveness of web-based ACT to treat distressed university students, but this study has clearly shown that web-based interventions are a viable and efficient option.</i>